



BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT

# *Spare the Air*

June 14, 2000

[www.sparetheair.org](http://www.sparetheair.org)

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## Prepare Today Not to Drive Tomorrow THIRD CONSECUTIVE SPARE THE AIR DAY TOMORROW, THURSDAY, JUNE 15<sup>TH</sup>

Record breaking temperatures in the Bay Area persist, continuing the meteorological conditions that make ground-level ozone--the main ingredient in smog. **Therefore, the Air District is issuing the third consecutive Spare the Air advisory for Thursday, June 15<sup>th</sup>.**

"Air pollution is a health issue and we ask the public to take Spare the Air seriously. Get ready tonight for tomorrow by calling a friend to carpool or by taking transit to work," said Air District Executive Officer Ellen Garvey. "Summertime air pollution affects us all, but it's especially harmful to children and those with respiratory ailments," Garvey said.

### What to Do on a Spare the Air Day:

People with asthma, respiratory or heart conditions should limit outdoor activities during the hottest part of the day.

Vigorous exercise should be done in the early morning hours.

### What You Can Do to Help:

Get ready for tomorrow – call a friend to carpool for call 817-1717, ext. 13 for transit information.

Ask your boss if you can telecommute tomorrow.

Pack a lunch so you don't have to use the car at lunchtime. Plan your errands into one trip. Fuel up after 6 p.m.

Postpone the use of gasoline-powered lawn and yard equipment.

Avoid using lighter fluid and other consumer products that contribute to ozone formation.

Sign-up to receive an e-mail the day before Spare the Air days at [www.sparetheair.org](http://www.sparetheair.org). Air quality forecasts and readings are on the same website or can be obtained by calling 1-800-Help-Air.